

BEHAVIORAL RISK FACTORS FOR CASS COUNTY, 1999-2004

	Cass County 1999-2004	ND 2003 or 2004 Prevalence % (95% CI)	US 2002 or 2003 Median (range)
Activity Limitation and Quality of Life			
Percentage who reported a limitation in any activities due to an impairment or health problem.	13.2 (11.7-14.7)	16.1 (14.6-17.5)	18.3 (11.2-26.4)
Percentage who reported any days in the past 30 during which pain made it hard to do usual activities.	23.1 (19.8-26.4)	20.6 (18.8-22.3)	23.2 (18.3-29.7)
Percentage who reported 14 or more days in the past 30 during which they felt sad, blue or depressed.	6.5 (4.7-8.3)	6.5 (5.5-7.5)	8.2 (5.3-13.9)
Percentage who reported 14 or more days in the past 30 during which they felt worried, tense or anxious.	11.2 (8.8-13.6)	13.1 (11.7-14.5)	14.5 (7.8-19.7)
Percentage who reported 14 or more days in the past 30 during which they did not get enough sleep or rest.	26.8 (23.3-30.4)	24.3 (22.4-26.2)	24.6 (12.8-33.2)
Percentage who reported 8 or more days in the past 30 when their physical health was not good.	8.2 (7.0-9.5)	11.1 (9.8-12.3)	12.8 (7.9-21.1)
Percentage who reported 8 or more days in the past 30 when their mental health was not good.	9.0 (7.7-10.4)	10.2 (7.0-11.4)	12.9 (7.4-18.5)
Percentage who reported 8 or more days in the past 30 when their physical or mental health keep from usual activities.	4.8 (3.8-5.7)	5.7 (4.8-6.6)	7.8 (4.9-13.7)
Alcohol Use			
Percentage who reported heavy drinking (>2/day for men, >1/day women).	6.7 (5.2-8.1)	5.7 4.7-6.8	5.7 (2.2-8.6)
Percentage who reported having five or more drinks on one occasion at least once in past month.	25.6 (23.0-28.3)	21.3 (19.5-23.1)	16.5 (6.6-24.2)
Arthritis			
Percentage who reported ever being told by a doctor that they had some form of arthritis.	21.3 (18.5-24.1)	27.5 (25.8-29.2)	27 (16.4-37.2)
Percentage who reported current (past 30 days) pain, aching or stiffness around a joint lasting longer than three months.	35.2 (31.7-38.6)	38.4 (36.5-40.4)	36.5 (21.2-47.1)
Percentage who reported being limited in any usual activities because of arthritis or joint symptoms.	8.6 (6.7-10.4)	11.4 (10.2-12.6)	13.2 (8.3-20.9)
Asthma			
Percentage age 18 and older who report ever having been told by a doctor, nurse or other health professional that they had asthma.	10.5 (9.0-11.9)	10.0 (8.9-11.3)	11.7 (9.2-20.7)
Percentage who reported current asthma.	7.4 (6.2-8.6)	7.0 (6.0-8.0)	7.6 (4.5-10.8)
Cholesterol Awareness			
Percentage who reported that they have never had their cholesterol checked.	26.7 (24.2-29.1)	24.8 (22.9-26.8)	23.1 (14.8-29.5)
Percentage who reported being told they had high cholesterol among those who ever had their cholesterol checked.	29.4 (26.8-31.9)	32.7 (30.6-34.7)	33.1 (26.9-38.2)
Colorectal Cancer Screening			
Percentage age 50 and older who reported that they have not had a fecal occult blood test in the past two years.	57.9 (53.7-62.0)	76.1 (73.7-78.6)	72.9 (57.2-81.5)
Percentage age 50 and older who reported that they have not a sigmoidoscopy or colonoscopy in the past five years.	50.8 (46.6-55.1)	60.1 (57.2-63.1)	57.0 (44.3-62.9)
Percentage age 50 and older who reported that they have never had a sigmoidoscopy.	42.2 (38.1-46.4)	49.7 (46.8-52.7)	49 (37.8-54.1)
Diabetes			
Percentage who reported that they had ever been told that they had diabetes, except during pregnancy only.	4.4 (3.5-5.4)	6.2 (5.3-7.1)	7.2 (4.7-11.0)
Folic Acid			
Percentage of women age 18-44 who do not know that folic acid can prevent birth defects.	41.9 (37.7-46.2)	39.9 (35.6-44.3)	52.5 (27.1-58.5)
Health Care Access			
Percentage who reported no health insurance or other health care coverage.	9.6 (8.3-10.9)	11.4 (10.0-12.9)	14.5 (6.9-30.4)
Percentage who reported being unable to see a doctor due to cost one or more times during the past 12 months.	5.5 (4.3-6.6)	6.8 (5.8-7.8)	11.9 (6.3-22.4)
Percentage who reported that they did not have one person that they considered to be their personal health care provider.	28.2 (25.9-30.5)	23.6 (21.8-25.4)	19.1 (10.5-34.7)
Health Status			
Percentage who reported that in general their health was fair or poor.	8.3 (7.1-9.5)	13.2 (11.9-14.5)	14.9 (10.7-35)

	Cass County 1999-2004	ND 2003 or 2004 Prevalence % (95% CI)	US 2002 or 2003 Median (range)
Heart Attack and Stroke			
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a heart attack or myocardial infarction.	2.9 (1.8-3.9)	4.2 (3.4-4.9)	3.9 (1.8-7.4)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had angina or coronary heart disease.	3.3 (2.2-4.3)	4.2 (3.4-4.9)	4.4 (2.1-8.7)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a stroke.	1.9 (1.0-2.7)	1.8 (1.3-2.3)	2.2 (1.2-4.1)
Percentage who report heart attack, heart disease or stroke.	5.5 (4.1-6.8)	7.3 (6.3-8.2)	7.5 (4.1-14)
Hypertension Awareness			
Percentage who reported being ever told by a health care professional that they had high blood pressure.	18.5 (16.3-20.8)	24.1 (22.4-25.7)	24.8 (18.8-33.6)
Immunization			
Percentage age 65 and older who reported that they had not had an influenza vaccine within the past 12 months.	23.5 (19.0-27.8)	27.0 (23.5-30.4)	30.1 (19.7-65.1)
Percentage age 65 and older who reported that they had never have a pneumococcal vaccine.	31.7 (26.7-36.8)	28.8 (25.2-32.4)	35.5 (27-68.4)
Injury Control			
Percentage who reported that they did not always use a seatbelt.	38.4 (33.5-43.4)	47.6 (45.6-49.7)	23 (7.4-47.6)
Percentage age 65 and older who reported having fallen in the past three months.		11.8 (9.4-14.3)	13.5 (8.5-19.4)
Nutrition			
Percentage who reported that they did not usually eat five servings of fruits and vegetables per day.	80.2 (77.8-82.5)	78.5 (76.8-80.1)	77.4 (66.1-84.6)
Obese and Overweight			
Percentage who are either overweight or obese based on self-reported height and weight.	57.0 (54.8-59.1)	63.0 (61.0-65.0)	60.1 (50-64.9)
Percentage who are overweight but not obese based on self-reported height and weight.	37.1 (35.2-39.2)	39.3 (37.2-41.3)	36.7 (31.9-40.7)
Percentage who are obese based on self-reported height and weight.	19.9 (18.2-21.5)	23.8 (22.0-25.5)	22.8 (16-28.4)
Oral Health			
Percentage who reported that they had not visited a dentist or dental clinic within the past two years.	14.8 (12.9-16.6)	18.8 (17.2-20.4)	17.1 (14.4-21.6)
Percentage who reported that they had six or more permanent teeth removed due to tooth decay or gum disease.	10.4 (8.9-11.9)	18.3 (16.8-19.8)	17.6 (10.4-33.8)
Physical Activity			
Percentage whose self-reported physical activity level did not meet the recommendation for moderate or vigorous physical activity.	52.8 (49.8-55.7)	51.1 (49.0-53.2)	52.8 (41.5-66.2)
Percentage who reported no leisure time physical activity.	19.2 (17.4-20.9)	23.7 (22.1-25.4)	23.1 (15-45.2)
Sun Exposure			
Percentage who reported having had sunburn in the past 12 months.	47.3 (44.3-50.4)	42.8 (40.7-44.8)	34.5 (12.9-51.7)
Tobacco			
Percentage who reported current smoke cigarette smoking some days or everyday.	22.3 (20.5-24.1)	20.5 (18.9-22.2)	22.0 (9.9-34)
Percentage of smokers who reported that during the past 12 months they had stopped smoking for one day or longer because they were trying to quit	58.7 (53.6-63.8)	51.5 (47.0-56.1)	52.7 (45.6-61.3)
Percentage of men who report current smokeless tobacco use.	4.8 (3.1-6.4)	5.1 (4.1-6.1)	3.8 (0.2-7.6)
Women's Health			
Percentage of women ages 40 and over who reported that they have not had a mammogram within the past two years.	19.1 (15.5-22.6)	23.0 (20.4-25.6)	23.8 (18.8-36.4)
Percentage of women ages 18 and older with a uterine cervix who reported that they have not had a pap smear within the past three years.	11.0 (8.6-13.4)	13.9 (11.8-16.1)	11 (4.6-22.3)
Men's Health			
Percentage of men ages 40 and over who reported that they have not had a PSA within the past two years.	47.3 (41.7-52.9)	50.3 (46.5-54.1)	46.9 (43.9-56)
Percentage of men ages 40 and older who reported that they have not had a digital rectal exam within the past two years.	36.1 (30.7-41.4)	44.5 (40.8-48.2)	44.8 (40.7-54.7)